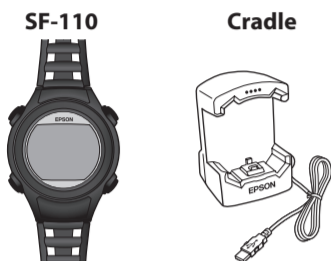




What's in the box



An optional AC adapter (model number: SFAC04) can be purchased separately.

1. Charging and setup

Charge this product before using it for the first time.

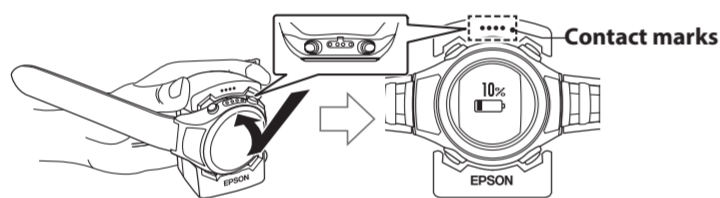
1. Connect the cradle to a power source.

- **Using a PC**
Connect the cradle's USB plug to the computer's USB port.
Do not use a USB hub. Instead, connect the cradle directly to the computer.
- **Using the optional AC adapter**
Connect the cradle's USB plug to the AC adapter's USB port.

We recommend using the optional AC adapter (model number: SFAC04). If you do not use a supported AC adapter, you may not be able to charge the product or it may not operate correctly.

2. Place the product into the cradle.

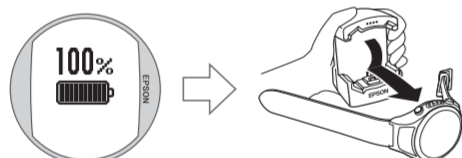
Check that the contact points on the SF-110 are pointing up and match the contact marks on the cradle. After placing the SF-110 into the bottom of the cradle with the LCD screen facing out, push carefully on the top of the product until it clicks into place.



When the product is placed correctly, the alarm sounds, the charging screen is displayed, and charging starts.

3. When charging is complete, remove the product from the cradle.

Hold the cradle and press down on the SF-110 to release it.

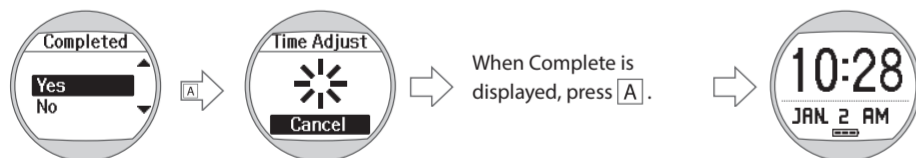


4. Follow the on-screen instructions to set the language, units, and user information.



5. When you are in a location with no obstructions overhead, select Yes.

A signal is received from the GPS and time is automatically synchronized.



NOTE

When you do not use the product for a while, it enters sleep mode and the time display turns off. The display will turn back on the next time you move the product. If time synchronisation fails, the time screen will automatically be updated the next time a GPS signal has been received.

6. Install the Epson Run Connect software.

- **If you have a Windows® PC:**
See section 2, "Using Runsense View (Windows PC)." The PC connection provides the fastest and easiest data transfer from the SF-110.
- **If you don't have a Windows PC:**
See section 3, "Using the Epson Run Connect app" for instructions on using the SF-110 with your iOS or Android™ device.

2. Using RUNSENSE View (Windows PC)

Installing Epson Run Connect software

This product allows you to manage measured data using the RUNSENSE View web app. To upload measurement data, you need to install Epson Run Connect on your Windows PC and connect to the Internet.

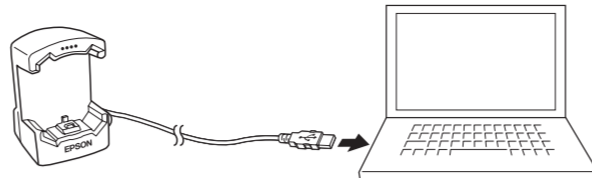
NOTE

Install Epson Run Connect before connecting the product to your PC.

1. Visit epson.com/support/sf110 (U.S.) or epson.ca/support/sf110 (Canada) and download Epson Run Connect PC.
2. Run the downloaded file and follow the instructions displayed on the setup screen.

Creating an account

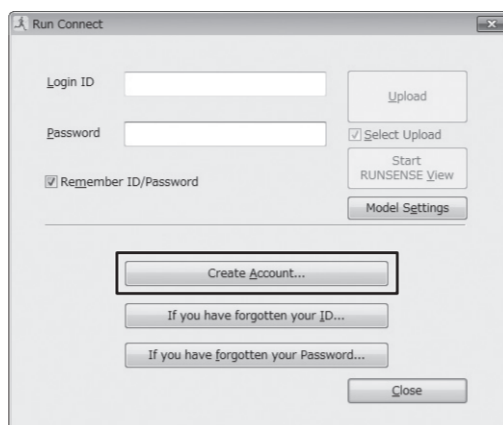
1. Connect the cradle to the PC using the USB cable.



2. Place the product into the cradle.

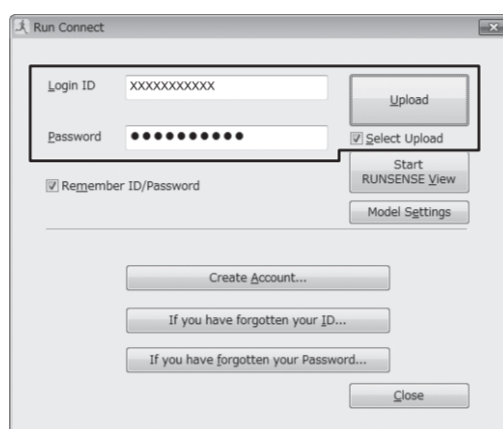
Check that the contact points on the product are pointing up and match the contact marks on the cradle. Epson Run Connect starts.

3. Click **Create Account and enter your details.**



Uploading your data

Connect your RUNSENSE product to the PC. The following box automatically appears. Enter your **Login ID** and **Password** and click **Upload**.



Viewing your data

1. Click **Start RUNSENSE View** on the Run Connect screen to launch the web portal. Or visit <https://go-wellness.epson.com/runsense-view/>.
2. Click the data you want to check from the list.

NOTE

For information on using RUNSENSE View, see the RUNSENSE View Help.

3. Using the Epson Run Connect app

Installing Epson Run Connect

Download and install Epson Run Connect from your mobile device's app store. You can use the app to upload and monitor your measurement data from your mobile device.

NOTE

The following mobile devices are supported:

- iPhone 4s, iPhone 5, iPhone 5c, iPhone 5s, iPhone 6, and iPhone 6 Plus with iOS 6 or later.
- Mobile products running Android 4.3 or later with Bluetooth® Smart.

Pairing your product

1. Start the Epson Run Connect app on your mobile device.
2. Tap **Pairing**.
3. Tap **Start Pairing**.
4. Press **[D]** on the SF-110's Time screen to display the Menu screen.
5. Press **[C] / [D]** to highlight **Smart Phone**, then press **[A]**.
6. Press **[C] / [D]** to highlight **Connect**, then press **[A]**.



7. Tap **OK on your mobile device.**



Your product displays a passcode.

8. Enter the 6-digit passcode on your mobile device and tap **OK** or **Pair**.
9. Tap **OK** to finish pairing.

NOTE

For more information on using the Epson Run Connect app, see the online iOS or Android user manual.

Caring for your SF-110

Your RUNSENSE product is made from materials commonly used in watches and other consumer products. Since you may wear your product over extended periods, including when you are exercising and sweating, it is important that you take care of your skin and your product according to these instructions. Prolonged wearing of your product without proper care could lead to skin irritation or rash. Please follow the precautions below to ensure full enjoyment and benefit of your RUNSENSE product:

- Keep RUNSENSE and skin clean.
- Keep RUNSENSE and skin dry.
- Give skin a rest and some air.

Proper wear and care of your SF-110 is an important part of your enjoyment of this product. Make sure to see the online *User Manual* for more detailed information on caring for your product.

Safety instructions

The following symbols are used in this guide to indicate possible dangerous operations or handling. Make sure you understand these warnings before using the product.

	Warning This symbol indicates information that, if ignored, could possibly result in serious personal injury.
	Caution This symbol indicates information that, if ignored, could possibly result in personal injury or damage the product.
	This symbol indicates an action that should be done.
	This symbol indicates an action that must not be done.

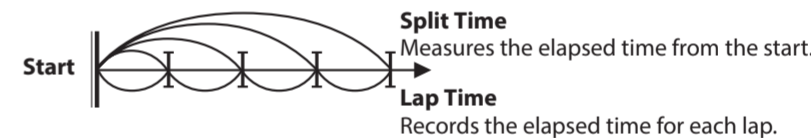
Notes on using the product and components

	Warning Exercise according to your physical capabilities. Stop exercising and consult your doctor if you feel unwell during exercise. This product is not intended for use to diagnose, prevent, or treat disease or other conditions, and is not a medical device. If you have any concerns, consult your doctor before using this product.
	Do not use or store this product in the following environments. It may cause an electric shock or fire, or the product may malfunction or be damaged. <ul style="list-style-type: none"> • Locations with very high or low temperatures or humidity • Near volatile substances • Dusty places • Near a strong magnetic field (for example, near a loudspeaker) Do not disassemble this product, and do not attempt to repair this product by yourself. It may cause an electric shock or accident. Do not leave this product within reach of young children. WARNING: The cradle cords included with this product contain chemicals, including lead, known to the State of California to cause birth defects or other reproductive harm. Wash hands after handling. (This notice is provided in accordance with Proposition 65 in Cal. Health & Safety code § 25249.5 and following.)

	Caution Persons with high skin sensitivity, eczema, allergies, or asthma may be more likely to experience skin irritation or an allergic reaction from the Runsense product or similar products. Even persons without such conditions may start to experience redness or skin irritation on wrists from prolonged use or if the product is not cleaned regularly. If you experience such symptoms: <ul style="list-style-type: none"> • Stop wearing and remove your product immediately. Do not put it back on. • If symptoms persist for more than 2-3 days after removing the product, consult a dermatologist. • Make sure to follow the wear and care instructions above and in the online <i>User Manual</i>.
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Using the chronograph

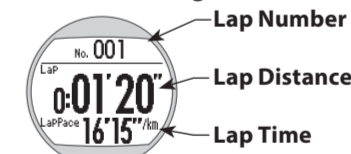
This function allows you to measure split times and lap times simultaneously.



You can record laps by pressing button **[D]** on the product during Chronograph measurement.

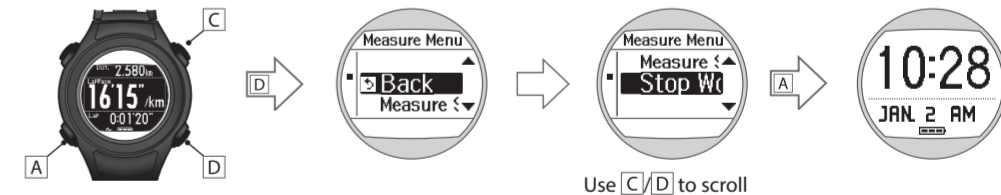


1. Press **[D]** on the Time screen to display the Menu screen.
2. Press **[C] / [D]** to highlight **Workout**, then press **[A]**.
3. Press **[C]** on the Measurement screen to start measuring.
4. To record a lap, press **[D]** while measuring.



5. Press **[C]** again to stop measuring.
6. Press **[D]** while measuring is stopped to display the Measure Menu screen.
7. Press **[C] / [D]** to highlight **Stop Workout**, then press **[A]**.

Measurement data is saved in the product's memory, and you are returned to the time screen.

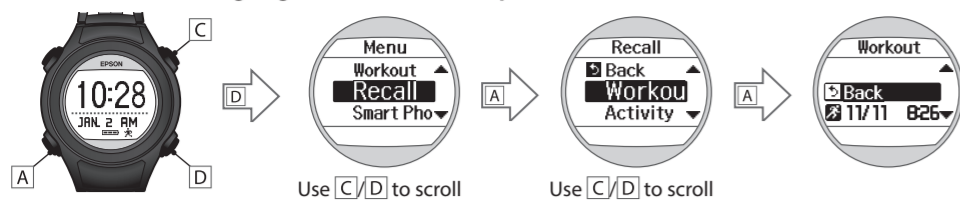


NOTE

- The Measurement function is composed of three screens, and you can change the screen display by pressing **[A]**. You can change the content displayed on screens 1 to 3 by adjusting Measure Set > Screen. For more details, see the online *User Manual*.
- If no operations are performed for 60 minutes on a screen other than the measurement screen, the time screen is displayed.
- You can change the following settings from Menu > Settings > Measure Set.
 - AT Lap function: Automatically measures laps when running a distance set in advance.
 - AT Pause function: Measuring is automatically paused when you stop running and resumes when you start running again.

Checking running history

1. Press **D** on the Time screen to display the Menu screen.
2. Press **C/D** to highlight **Recall**, then press **A**.
3. Press **C/D** to highlight **Workout**, then press **A**.

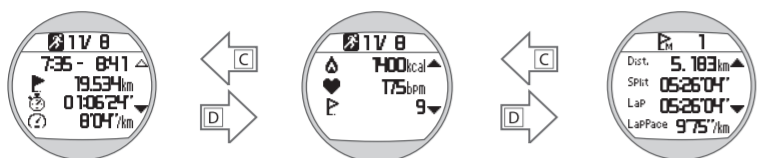


4. Use **C/D** to highlight the data you want to check, and then press **A**.
The recall list screen displays the icon for the item, the measurement day, and the distance.



5. To check the recorded data, press **C/D** to scroll through the screen.

Detailed recorded results for the activity type, recorded day/time, distance, time, average pace and calories burned are displayed on the detailed recall screen. You can also check the pace for each lap.



On the Recall screen, press **A** and then select **Delete** to delete a recall item.

To return to the Recall screen, press **A** and then select **Back**.

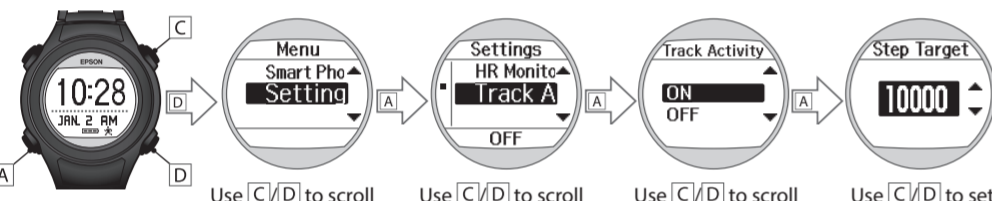
Understanding the icons

Run mode	Distance
Walking mode	Split time
Stops flashing: The signal is being received from the GPS (GPS On)	Average pace
GPS positioning	Lap
Stops flashing: Communicating with the HR monitor	Calories burned
Track activity	Steps

Measuring your activities

You can measure the amount of calories burned throughout the day using the Track Activity function.

1. Press **D** on the Time screen to display the **Menu** screen.
2. Press **C/D** to highlight **Settings**, then press **A**.
3. Press **C/D** to highlight **Track Activity**, then press **A**.
4. Press **C/D** to highlight **ON**, then press **A**.
5. Press **C/D** to adjust **Step Target** setting, then press **A**.



Start measuring the activity. Hold down **A** to return to the Time screen.

NOTE

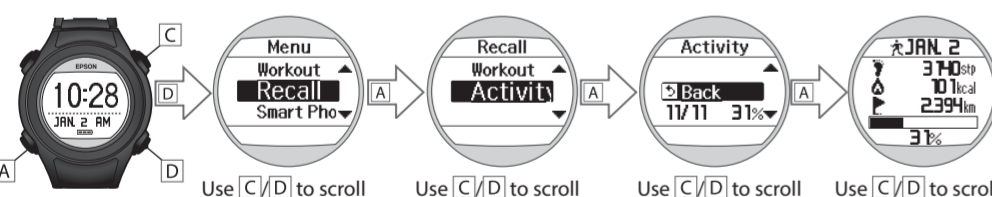
- You cannot turn Track Activity on or off while measuring running data.
- Press **A** on the time screen to display the Track Activity screen.
- The Track Activity screen displays the current steps, calories burnt, distance traveled, and progress towards your target steps.
- When the Track Activity screen is displayed, the activity itself is not updated. Press **A** to return to the Time screen and update the activity.
- An icon is displayed on the Time screen when the Track Activity function is enabled.



Checking activity history

1. Press **D** on the Time screen to display the Menu screen.
2. Press **C/D** to highlight **Recall**, then press **A**.
3. Press **C/D** to highlight **Activity**, then press **A**.
4. Press **C/D** to highlight the history you want to check, then press **A**.

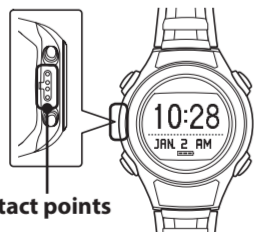
The Track Activity screen displays the steps for that day, calories burnt, distance traveled, and progress towards your target steps.



Maintenance

Cleaning your product

To clean the product, wash the contact points lightly with tap water, a damp cloth, and then allow the product to air dry.



If charging or communicating becomes unstable, clean the contact points on the product and the cradle with a damp cotton swab.

Do not use any cleaning products on this product.

Resetting your product

You can reset the product by following the steps below.

Hold down all of the buttons (**A/B/C/D**).



The screen is reset and the product restarts.

Set up the product after restarting. See section 1, "Charging and setup."

Setting data and measurement data remain as they were before the reset was performed.

NOTE

- The time screen will automatically be updated the next time a GPS signal is received.

Where to get help

Internet support

Visit epson.com/support/sf110 (U.S.) or epson.ca/support/sf110 (Canada) for solutions to common problems. You can get tips, usage information, and FAQs, download utilities, view the user manuals, or e-mail Epson.

Telephone support services

Call (800) 241-5789, (562) 276-4394 (U.S.), or (905) 709-3839 (Canada).

Support hours are 6 AM to 8 PM, Pacific Time, Monday through Friday, and 7 AM to 4 PM, Pacific Time, Saturday.

Days and hours of support are subject to change without notice. Toll or long distance charges may apply.

Notices

Make sure you read the manuals (*Quick Start Guide* and online user manuals) first to use this product safely. Also, this product is equipped with Bluetooth Smart technology as a built-in wireless function. See the section "Notes on Electromagnetic Waves" in the online *User Manual* for further details.

The product may malfunction, or an accident may occur if it is handled incorrectly.

- Keep the manuals handy to help you resolve any problems.
- When taking this product out of the country of purchase, check the laws and regulations in the destination country before you travel.
- This product is not a medical device. Use this product to track physical exercise.

Caution	
	The product is water resistant at 5 bar (5 ATM). Although you can use the product for swimming, do not perform button operations under water.
	Do not pour water directly from the tap onto this product. The power of the tap water stream may be strong enough to compromise the product's water resistance.
	Do not wear this product in a bath or sauna. The steam and soap may compromise the water resistance or cause corrosion.

Notes on Using the Cradle

Warning	
	Do not use the cradle or AC adapter if they are in any way damaged, faulty or contaminated by foreign material such as dust, water or dirt. Do not use any adapter other than the specified adapter for charging.

Epson America, Inc. Limited Warranty

One-Year Limited Warranty

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To find the Epson Authorized Reseller nearest you, please visit our website at: epson.com.

For product support, please visit our website at: epson.com/support.

To contact the Epson Connection, please call (800) 241-5789 or (562) 276-4394 in the U.S. and (905) 709-3839 in Canada or write to Epson America, Inc., P.O. Box 93012, Long Beach, CA 90809-3012.

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